Friendship Heights Village Center



Calendar of Events 2020

U R **TUESDAY WEDNESDAY THURSDAY SATURDAY SUNDAY MONDAY FRIDAY** 8:15 a.m.: Walking Club 9:15 a.m.: Drop-In Tai Chi 8:15 a.m.: Walking Club 2-3:30 p.m.: New Year's 7 p.m.: Movie: 10:30 a.m.: Coffee and **Reminder: New day for MVA Bus Day Open House** Abominable Current Events Shuttle runs from 1:30 The MVA Bus Service will switch to Tuesdays beginto 4 p.m. ning this month. The bus will be in Friendship Heights on Tuesday, Jan. 28, from 10 a.m. to 2 p.m. 8:15 a.m.: Walking Club 10 a.m.–12 p.m.: Village 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi Intro. 9:30 a.m.: Tai Chi Ongoing 8:15 a.m.: Walking Club 9:15 a.m.: Drop-In Tai Chi 9:10 a.m.: Yoga 9:30 a.m.: Downton 10 a.m.: Great Books 10:15 a.m.–1 p.m.: County Mobile Commuter 10:30 a.m.: Chair Yoga and 10:30 a.m.: Balance, 9:30 a.m.-1 p.m.: Coffee 12:30 p.m.: Bridge Club 1 p.m.: Strength Training **Abbey Tea and Movie** Playtime Meditation 1–4 p.m.: Canasta Movement and and Sunday Papers 12-4 p.m.: Blood Pressure Store Memory 10:30 a.m.: Coffee and Screening
1 p.m.: Balance and Fall 7 p.m.–8:30 p.m.: Writing Your Lifestory 6:30 p.m.: Monday Night 10:15 a.m.: Yiddish Bridge Club 11 a.m.: Chair Exercise Current Events 11 a.m.: Natural Health Prevention 1 p.m. Suburban Lec-7 p.m.: Movie: Judy 1:30 p.m.: Painting for ture: Diets l p.m.: All in the Eyes Everyone 2–4 p.m.: Nurse Specialist 5:30 p.m.: Community 3–4 p.m.: Tea **Advisory Committee** 6:30 p.m.: Pilates for meeting 7 p.m.: Concert: Amelia Postural Strength **Ensemble** 8:15 a.m.: Walking Club 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Balance, Movement and 9:10 a.m.: Yoga 9:30 a.m.: Tai Chi Intro. 8:15 a.m.: Walking Club
12–1 p.m.: Lunchtime
Lessons: Great 9:30 a.m.: Tai Chi Ongoing 8:15 a.m.: Walking Club 9:30 a.m.-1 p.m.: Coffee 10 a.m.: Music with 10:15 a.m.–1 p.m.: County Mobile Commuter 10 a.m.: Great Books 10:30 a.m.: Chair Yoga and 12:30 p.m.: Bridge Club and Sunday Papers Marsha Goodman-Meditation 1–4 p.m.: Canasta 11:30 a.m.-1 p.m.: Art 1 p.m.: Strength Training Wood Store Memory Courses DVD: The 12–4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Reception 10:15 a.m.: Yiddish 7 p.m.–8:30 p.m.: Writing 10:30 a.m.: Coffee and 6:30 p.m.: Monday Night Museums on the Current Events 11 a.m.: Natural Health Bridge Club 11 a.m.: Chair Exercise Your Lifestory Mall and Washington 7:30 p.m.: Friendship 1 p.m.: All in the Eyes 7 p.m.: Movie: Ad Astra Scandals **Heights Village** Prevention 1:30 p.m.: Painting for **Council Meeting** Everyone 2–4 p.m.: Nurse Specialist 3-4 p.m.: Express Yourself 3–4 p.m.: Tea 6:30 p.m.: Pilates for Postural Strength 8:15 a.m.: Walking Club 8:15 a.m.: Walking Club 9:15 a.m.: Drop-In Tai Chi 10 a.m.: Great Books 8:15 a.m.: Walking Club 10:30 a.m.: Tonya's Tots 9:30 a.m.: Tai Chi Ongoing 10:30 a.m.: Balance, 9:30 a.m.-1 p.m.: Coffee 10 a.m.: Glaucoma Talk 10:30 a.m.: Chair Yoga and and Seniors
11 a.m.: Village Book Club
12–4 p.m.: Blood Pressure 10:15 a.m.–1 p.m.: County Mobile Commuter Movement and and Sunday Papers 11:30 a.m.: Glaucoma Martin Luther King, Memory 10:30 a.m.: Coffee and Jr. Day 11 a.m.: Still Life and Store Center Closes at 2 p.m. Beyond 1–4 p.m.: Canasta 7 p.m.–8:30 p.m.: Writing Screening
1 p.m.: Balance and Fall 10:15 a.m.: Yiddish Current Events 11 a.m.: Chair Exercise 11 a.m.: Natural Health Shuttle bus runs on Prevention 1 p.m.: All in the Eyes 1 p.m.: Abstract Painting weekend schedule 1:30 p.m.: Painting for Your Lifestory 5:30 p.m.: Program 7 p.m.: Movie: Ophelia Everyone 2–4 p.m.: Nurse Specialist **Advisory Committee** meeting 7 p.m.: Concert: El-3–4 p.m.: Tea 6:30 p.m.: Pilates for len James and Jody Postural Strength Marshall 8:15 a.m.: Walking Club 9:15 a.m.: Drop-In Tai Chi 8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga and 9:10 a.m.: Yoga 10 a.m.-2 p.m.: MVA 10:30 a.m.: Balance, 9 a.m.: Depart for 9:30 a.m.: Tai Chi Ongoing 9:30 a.m.-1 p.m.: Coffee **Mobile Office National Aquarium** 10:15 a.m.-1 p.m.: County Movement and 10 a.m.-12 p.m.: Village and Sunday Papers Meditation Memory 10:30 a.m.: Coffee and in Baltimore Mobile Commuter 9:30 a.m.: Tai Chi Intro. Playtime 11 a.m.: Still Life and Store 11 a.m.: Village Book Club 10 a.m.: Great Books 10:15 a.m.: Yiddish Beyond Current Events 12:30 p.m.: Bridge Club 1 p.m.: Balance and Fall 11 a.m.: Chair Exercise 1–4 p.m.: Canasta 11 a.m.: Natural Health Prevention 7 p.m.-8:30 p.m.: Writing 1 p.m.: Strength Training 1 p.m.: All in the Eyes 1 p.m.: Abstract Painting 1:30 p.m.: Painting for Your Lifestory 1–2:30 p.m.: Friday Fiber 6:30 p.m.: Monday Night 7 p.m.: Concert: KIVA Everyone 12–4 p.m.: Blood Pressure 7 p.m.: Nick Glakas: Bridge Club Friends FDR and Churchill 6:30-8:30 p.m.: Mountain Screening 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea Music Jam and Sing-Along 6:30 p.m.: Pilates for

Shuttle bus hours



Postural Strength

Monday through Friday

6:40 a.m. to 9:40 p.m. 8 a.m. to 7 p.m.

Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m. Friday 9 a.m. to 5 p.m. Saturday and Sunday 9 a.m. to 2 p.m

The mall museums and a scandalous tour highlight this month's Lunchtime Lessons DVDs



Bring a bag lunch and learn about the fascinating history and culture of Washingon, D.C., on **Saturday**, **Jan. 18**, **from 12 to 1 p.m.**

The Great Courses DVD collection offers 30-minute lectures by respected journalists, educators, and experts on a variety of topics.

The DVD program will feature Smithsonian Distinguished Scholar Richard Kurin presenting "Museums on the Mall: Smithsonian and Beyond" and "Washington, D.C.: City of Scandal." We'll provide a drink and something sweet. Please call 301-656-2797 to RSVP.